

RECIPES

Baked Zucchini Fries or Sticks



Ingredients (3 serving)

2 small (6-inch) zucchini or other summer squash
 1 egg white
 2 tablespoons low-fat milk
 1/4 cup grated Parmesan cheese
 1/4 cup breadcrumbs
 1/2 tablespoon Italian seasoning

Nutrition Information per serving

70 calories, 3 g fat, 1.4 g sat fat,
 4 g protein, 7 g carbohydrates,
 0.5 g fiber, 201 mg sodium.

Instructions

1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
2. Wash and cut zucchini into 3-inch sticks or cut into slices for chips.
3. Beat egg white in a small bowl with a fork. Add milk.
4. Combine Parmesan, breadcrumbs and Italian seasoning in a separate bowl.
5. Dip zucchini sticks or slices into egg mixture, and then roll in breadcrumb mixture.
6. Coat a baking sheet (any size) with non-stick spray.
7. Place zucchini on sheet.
8. Bake at 425° for 25-30 minutes or until golden brown.

ZUCCHINI OR YELLOW SUMMER SQUASH

Choose: zucchini or summer squash with shiny, firm skin with no cuts or bruises.

Store: in a plastic bag in the refrigerator. Use within 5 days. Do not wash until you are ready to use it.

How much? 2 medium zucchini or summer squash = 1 cup cooked